



Mini Flax Pizza Bites

with pesto & olives

Flax Cracker Base

Either use your own flax cracker recipe, flax crackers you already have, or use this recipe.

1/2 cup flax seeds
1/2 cup flax meal
6 medium tomatoes
1 cup sun-dried tomatoes, soaked 2 hours or more
1 tablespoon lemon juice
1/4 cup fresh basil
3 tablespoons dried Italian herb mix
3 medium onions
1 clove garlic

- Grind all ingredients in a food processor
- Spread evenly and thinly over 2 Paraflexx dehydrator trays, right to the edges and then use a knife or spatula to score into individual squares .
- Dehydrate at 105 degrees for 3 hours then invert onto another mesh dehydrator tray to finish drying in the dehydrator for a further 10 - 18 hours.

Pine Nut Cheese Spread

1/2 cup pine nuts
1/2 cup macadamias

2 teaspoons lemon juice
1/4 teaspoon salt
2 teaspoons nutritional yeast
1/4 cup water

- Grind all ingredients in a food processor.

Tomato Sauce

4 medium tomatoes, de-seeded
1/4 cup sun-dried tomatoes, soaked 2 hours or more
1 soft date
1 clove garlic
2 teaspoons olive oil
1 tablespoon fresh basil
1 tablespoon dried oregano
2 teaspoons lemon juice

- Blend all ingredients in a high-speed blender until smooth.

Pesto

2 cups basil, tightly packed
1 tablespoon minced rosemary
1/4c pine nuts
1T olive oil
1/4t salt
2t lemon juice

- Pulse all ingredients in a food processor until broken down, but leaving some texture to the finished pesto.

Assembly

- Start with the flax cracker as a base to which you'll add a layer of the nut cheese spread.
- Next comes the tomato sauce and then top off with some pesto.
- Garnish with olives, capers and a sprinkle of Italian seasoning.

Variation: This recipe works great using marinated whole mushrooms as a base instead of flax crackers.

- Marinate 12 mushrooms in 1/4c tamari and 1/4c olive oil for 2 hours or more.
- Fill the mushroom caps with the nut cheese, tomato sauce and pesto. Going heavier on the amount of pesto works really nicely with mushrooms.
- Once the mushrooms are stuffed, place in the dehydrator at 105 degrees F to warm through for 1 - 2 hours